

Daily Affirmations- August 2015

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past. **Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sat., August 1 st	I focus on my needs, not my wants.
Sunday, Aug. 2 nd	Going forward means putting my kids and me first.
Monday, Aug., 3 rd	I am much more than my past mistakes.
Tues., August 4 th	May we all live life pleasantly and with compassion.
Wed., August 5 th	If you are on the wrong road, turn around. It's never too late to head in the right direction.
Thurs., Aug. 6 th	A smile can make your day and other's too!
Fri., August 7 th	Relationships are about acceptance: What you are and are not willing to accept for you.
Sat., August 8 th	Do the next right thing.
Sunday, Aug. 9 th	I can do all things through Christ who strengthens me.
Monday, Aug. 10 th	The height of my success is determined by the depth of my struggle.
Tues., August 11 th	A real woman builds an empire with the stones thrown at her.
Wed., August 12 th	It can be done today. Don't put it off.
Thurs. August 13 th	A brighter day is coming.
Fri., August 14 th	A positive view requires a positive outlook.
Sat., August 15 th	Patience is a virtue. You will prevail.
Sun., August 16 th	God is good. I ask God to clear my mind and my heart.
Mon., August 17 th	No such thing as standing still. Keep moving forward.
Tuesday, Aug. 18 th	Believe in yourself. If you don't no one else will.
Wed., August 19 th	I am learning what matters most in life.
Thurs., August 20 th	Think before you act. It's all about making good choices.
Fri., August 21 st	Be the change you want to see in the world.
Sat., August 22 nd	To get something you've never had, do something you've never done.
Sunday, Aug. 23 rd	My goals: Give myself to God, stay out and make a better life.
Mon., August 24 th	Focusing on responsibility, hard work and good judgment, I'm getting my life together.
Tues., August 25 th	Attitude is 100%. Happy day!
Wed., Aug. 26 th	Strive for progress, not perfection.
Thurs., August 27 th	I am learning to put myself as the #1 priority.
Fri., August 28 th	Being positive today makes a positive tomorrow.
Sat., August 29 th	Be grateful. Some others' situations are 10 times worse than yours.
Sunday, Aug. 30 th	God: The plans I have for you are to prosper you, not to harm you.
Monday, Aug. 31 st	You are beautiful & worthy: a phenomenal woman.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

"We Rise by Lifting Others" – Robert Ingersoll